



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Fall Issue 2009

WORLD VEG FESTIVAL – Commended by SF Board of Supervisors

Saturday, October 3 & Sunday, October 4, 10 a.m. to 6 p.m.

Presented by San Francisco Vegetarian Society and In Defense of Animals

San Francisco County Fair Building, Entrance at Lincoln Way & 9th Ave., San Francisco

Parking will be difficult due to Blue Grass Festival in Golden Gate Park both days.

Good parking on Lincoln Way before 10 a.m. or underground parking inside park with access at north entrance from Fulton Street at 10th Avenue or at south entrance at Concourse Drive & MLK Drive. Open from 7:30 a.m.-10 p.m. \$3

Public transportation or car-pooling recommended

MUNI #6, 16, 43, 44, 66, 71, N Judah (with BART connection at Embarcadero or other Market Street Stations. \$6 suggested door donation. Free for Students, Seniors, & Children with ID. Free for everyone until 10:30 a.m.

Family friendly with a Children's Corner, Pet Adoption Corner, Entertainment. There will be international food to sample or buy; 22 outstanding lectures on all topics pertaining to health, ecology, compassion, & spiritual pursuits; 12 food demos; interesting exhibits to explore; exciting world-class entertainment to enjoy; and a new activity: Vegan Speed Dating.

Dinner Menus at 6:45 p.m. Tickets available at SFVS Information Table in Gallery

Vegan Cooked Dinner catered by Seth Pasternack from Convergence \$20 per person

Mixed Green Salad with cranberry-ginger vinaigrette or tahini-miso dressing plus sauerkraut and/or kim chi; Roasted Root Veggies; Veggie-Tofu Quiche with Brown rice Crust; Spelt Flour Apple Turnovers.

Raw Vegan Dinner “Mexican Fiesta” catered by Cherie Soria from Living Light International \$25 per person

Appetizer: Salsa with Spicy Flax Corn Chips; Soup: Gazpacho; Salad: Romaine Boats with Guacamole; Entrée: Vegetable Enchiladas with Chili Colorado Sauce & Mexican Seasoned Cabbage “Rice”; Dessert: Chocolate Orange Flan; Beverage: Hibiscus Cooler.

Wednesday Night Vegan Dinners by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Institute, October 7, 14, 21, 28 at 6:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

Followed by interesting discussions or formal lectures.

\$10 suggested donation. RSVP to 707-774-1904 or info@wellness-central.org.

Potluck & DVD “Stopping Cancer before it Starts with Cooking Demo” by Dr. Michael Greger

Saturday, October 10, Socializing & Appetizers 6:30 p.m.; Dining 7:00 p.m.; DVD 8 p.m.

IOA, 3600 Geary Boulevard, San Francisco

\$1 suggested donation for members & their guests with food; \$2 for non-members with food. Add \$8 to each category without food. (Volunteers interested in helping set up should arrive an hour early and door fee, not food fee, is waived.)

The DVD is a dynamic and engaging presentation by Dr. Greger who reveals the top dozen whole plant super foods that may block and even reverse the four steps of tumor formation. In a humorous way as only Dr. Greger can do, he demonstrates how to prepare quick, tasty, nutritious recipes.

Italian Cooking Class – Tuesday, October 13, 6:30 - 8:30 p.m.

& Autumn Cooking Class – Tuesday, November 10, 6:30 – 8:30 p.m.

Redwood High School, Room 120, 395 Doherty Drive, Larkspur

\$50 per class (10% off for SFVS members registering on line) www.marinlearn.com click on Self/Home & Garden, or call Meredith McCarty, 415-945-3730.

Compassionate Cooks Cooking Class

Saturday, October 17, 10:00 a.m. – 1:00 p.m. featuring “The Joy of Vegan Baking”

& Saturday, November 14, 10:00 a.m. – 1:00 p.m. featuring “Harvest Feast”

First Unitarian Church of Oakland, 685 14th Street at Castro, Oakland

\$50 per class + \$5 food fee (food fee waived for SFVS members)

Instructor: Colleen Patrick-Goudreau, author of *The Vegan Table*

Mail checks to Compassionate Cooks, P.O. Box 18512, Oakland CA 94619 or register on line at: <http://www.compassionatecooks.com/reg.htm>.

Walk for Animals, Saturday, October 24, 12:00 to 3:00 p.m.

SFVS Co-Sponsor to benefit Farm Sanctuary

Ferry Park Plaza, north of Justin Herman Plaza at foot of Market Street (between Clay/Washington & Drumm/Embarcadero)

12:00 to 1:00 p.m. Registration plus samples; 1:00 to 1:45 p.m. Speakers (ALDF Founder & other special guests); 1:45 to 2:00 p.m. Award Ceremony; 2:00 to 3:00 p.m. walk. Contact Karine Brighten 5110-725-7252 or sfwalkforfarmanimals@gmail.com. Website: <http://www.walkforfarmanimals.org/>
\$20 registration Fee, \$15 Pre-registration.

Vegan Halloween Costume Party, Saturday, October 31, 7 to 10 p.m.

Celebrating World Go Vegan Week

SFVS Co-Sponsored with In Defense of Animals

Amuse Gallery, 614 Alabama Street, San Francisco, Sliding Scale \$10 - \$30

Party till the cows come home! Catered vegan treats, silent auction, raffle, speakers, vegan poetry slam – original vegan poetry 2 minutes or less, and more! Guest Speakers: Kenneth Williams, World Champion Vegan Bodybuilder and Dr. Elliot Katz, Founder & Director of IDA. Prizes for best or unusual costumes. For more information, contact Hope Bohanec at 415-448-0048 X 208 or hope@idausa.org.

Post Halloween Costume Party Potluck

SFVS Co-Sponsored with East Bay Veg*ns

Sunday, November 1: Socializing & Appetizers 5:30 p.m.; Elizabeth's Talk on Raw Travel Tips 5:30 p.m.;

Dining 6:00 p.m.; Dancing 7:00 p.m.

633 Glenwood Isle, Alameda, at the home of Elizabeth Bechtold

Suggested donation \$1 with food; \$10 without food. Prizes for best costumes in different categories. No charge for door fee for volunteers arriving 2 hours early to prepare raw food.

Directions: From 880, take High Street Alameda Exit. At stoplight, turn west onto High Street and proceed over bridge 1.5 miles. Turn right onto Otis Drive and right onto Glenwood. From Fruitvale BART Station, take Bus #50 to White Hall & Willow then walk 2 blocks to Otis and 1 block to Glenwood. Call 510-864-1111 to RSVP or to volunteer.

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\$10 suggested donation. RSVP to 707-774-1904

Followed by interesting discussions or formal lectures.

**Green Festival at the Concourse, 8th & Brannan Streets,
San Francisco, Friday-Sunday, November 13 – 15**

To help SFVS at its booth, contact Volunteer Coordinator Nancy Loewen at 415-750-0416 or nloewen@ioaging.org. Free entrance fee for those who volunteer.

Tri-Valley Potluck & Lecture

“Get Healthier & Reach for Your Dreams! How improving your health is key to living your dream life”

By Ginette Warwick King, Founder of Confident-Vision-Living.com

Saturday, November 14, 1:00 p.m. to 4:00 p.m.

San Ramon Library, 100 Montgomery Street, San Ramon

\$3 with vegan food preferred for 8-10 persons; \$11 without food

RSVP Lisa Williams at Lisa@ThriveHolistc.com or 925-989-1811

Ginette, MS in Communications, is a certified life coach and personal trainer.

Pre-Thanksgiving Potluck

SFVS Co-Host with East Bay Veg*ns

Saturday, November 21: Socializing & Appetizers 5:30 p.m.; Dining 6:00 p.m.; Dancing 7:00 p.m.

633 Glenwood Isle, Alameda, at the home of Elizabeth Bechtold

Protocol and directions same as Post Halloween Potluck, Nov. 1.

POTLUCK GUIDELINES

To enhance everyone's enjoyment of SFVS's sociable potlucks, please note the following:

Bring a *vegan dish to serve 8 - 10.

Attach a copy of the recipe or list of ingredients and your name, in case there are questions.

Bring serving utensils and your own dishes and silverware.

Potlucks are \$1 to members with food; \$2 suggested donation for non-members.

Additional \$7 suggestion donation without potluck contribution. Donations are used to defray cost of renting space.

For ideas on substitutions or recipes, go to www.vrg.org.

*no animal products or byproducts such as dairy or honey